When calling for parts or service, please specify the following number: MODEL #55-9163

SLIMSTRIDERX™

360° MOTION

OWNER'S MANUAL and assembly guide

Also includes: **Premium Equipment Mat**

Please use this Manual to correctly assemble and maintain your SlimStriderX™

CAUTION: Weight on this product should not exceed 300 lbs.

⚠ WARNING

Any exercise program can present a health risk. Consult a physician before beginning an exercise program using this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this workout guide and manual. Serious bodily injury can also occur if all instructions are not followed.

Always use your SlimStriderX™ with both feet on the pedals at all times. The pedals can be used in a scissors motion, a lateral motion, a circular motion and a skating motion to help tone and strengthen your inner and outer thighs, along with your quads and calves.

TABLE OF CONTENTS

Safety Instructions 2
Before You Begin 4
Equipment Warning, Caution & Notice Labels ... 5
Hardware Identification Chart 6
Assembly Instructions 7
Operational Instructions 12
Maintenance 14
Storage 15
Conditioning Guidelines 16
Warm-Up and Cool-Down 17
Product Parts Drawing 18
Parts List 19
Warranty 21
Notes 22
Fax/Mail Ordering Form 23

SAFETY INSTRUCTIONS

⚠ WARNING **This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.**

⚠ WARNING **Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.**

⚠ WARNING **To reduce the risk of serious injury, read the following Safety Instructions before using the SlimStriderX™.**

1. Save these instructions and ensure that other exercisers read this manual prior to using the **SlimStriderX™** for the first time.
2. Read all warnings and cautions posted on the **SlimStriderX™.**
3. The **SlimStriderX™** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **SlimStriderX™.** Do not allow children to use or play on the **SlimStriderX™.** Keep children and pets away from the **SlimStriderX™** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **SlimStriderX™** on a solid level surface. Do not position the **SlimStriderX™** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **SlimStriderX™.**
9. Before using, inspect the **SlimStriderX™** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Prior to performing any exercise shown in the manual and DVD please make sure you are coordinated and comfortable enough for them to be performed. Please always use caution and your best judgment prior to attempting any of the exercise programs.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **SlimStriderX™.**
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **SlimStriderX™,** loss of balance may result in a fall and bodily injury.
16. The **SlimStriderX™** should not be used by persons weighing over 300 pounds.
17. The **SlimStriderX™** should be used by only one person at a time.
18. The **SlimStriderX™** is for consumer use only. It is not for use in public or semipublic facilities.

Call Us First

Customer Service

1 (800) 375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE SlimStriderX™

To enact your warranty, please register your product by going to register.staminaproducts.com

To help you get started, we have pre-assembled most of your SlimStriderX™ at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions, please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.
Friday, 8:00 A.M. - 3:00 P.M., Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BECOME A FAN!

BECOME A FAN!

BEFORE YOU BEGIN

Thank you for choosing the **SlimStriderX™.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **SlimStriderX™** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

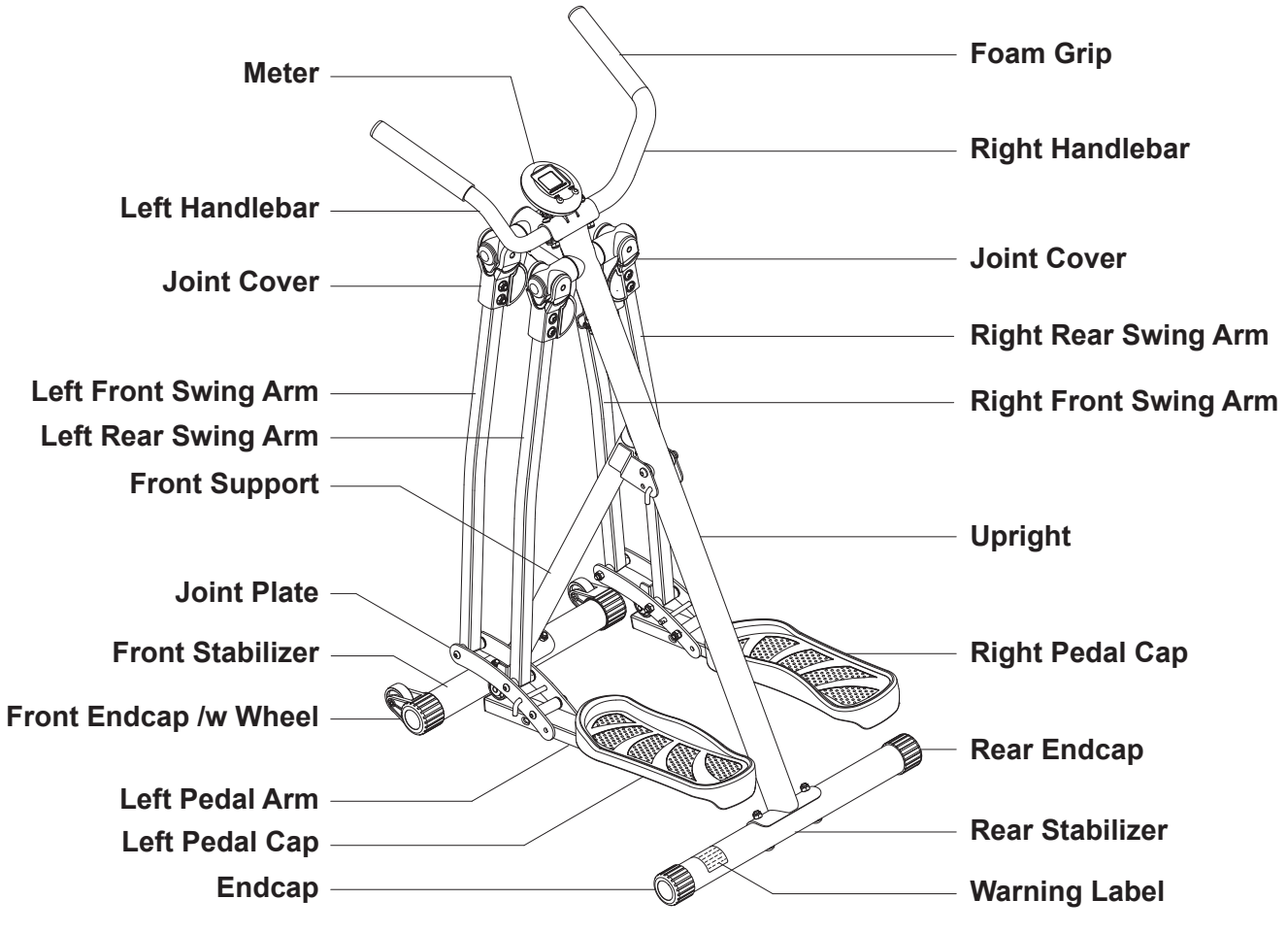
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **SlimStriderX™.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **SlimStriderX™,** please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to staminaproducts.com to the Services section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:

Allen Wrench (5mm)

Wrench

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **SlimStriderX™.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

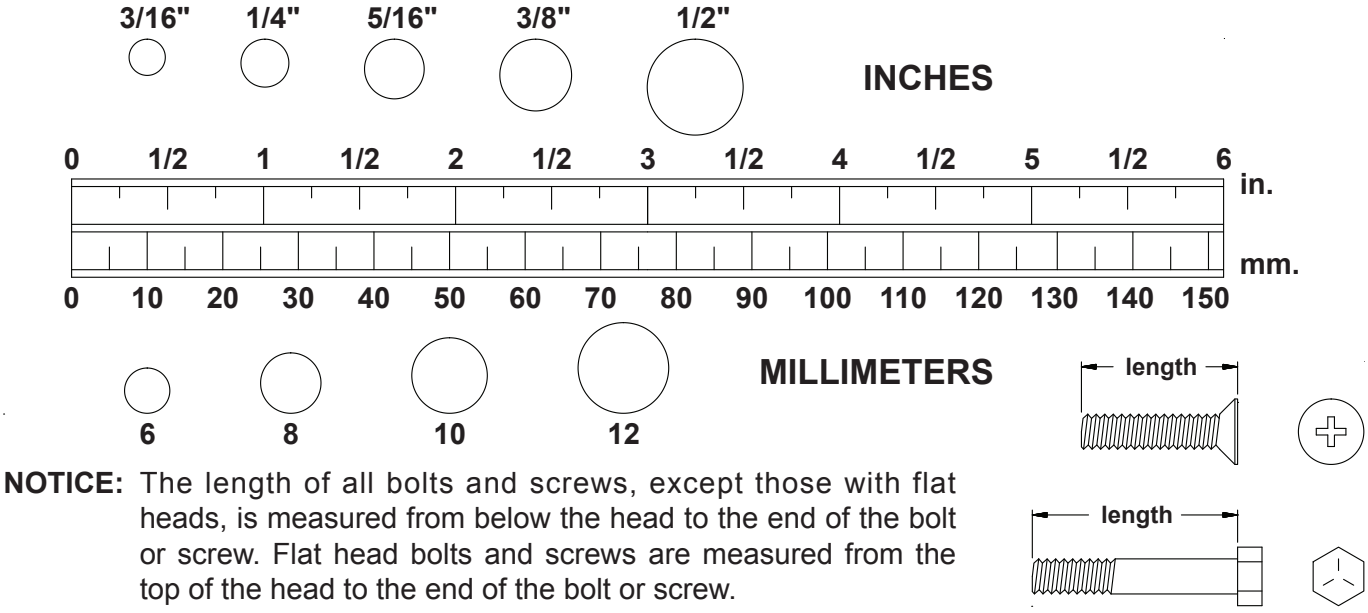
Label is larger than actual size

W1 **WARNING LABEL(56)**

WARNING
Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this warning label if damaged, illegible, or removed.
Keep others including children & pets away from equipment when in use.
Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.

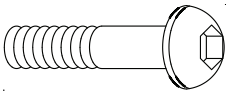
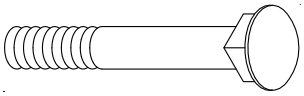
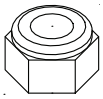
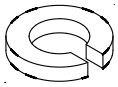
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



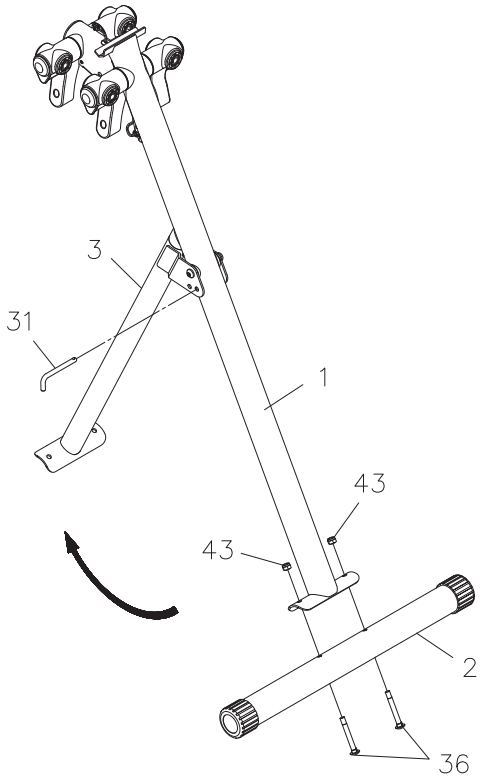
NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part Number and Description		Qty
	33	Bolt, Button Head (M8 x 1.25 x 73mm)	2
	34	Bolt, Button Head (M8 x 1.25 x 45mm)	2
	35	Bolt, Button Head (M8 x 1.25 x 40mm)	8
	36	Carriage Bolt (M8 x 1.25 x 60mm)	4
	43	Nylock Nut (M8 x 1.25)	16
	49	Lock Washer (M8)	2

ASSEMBLY INSTRUCTIONS

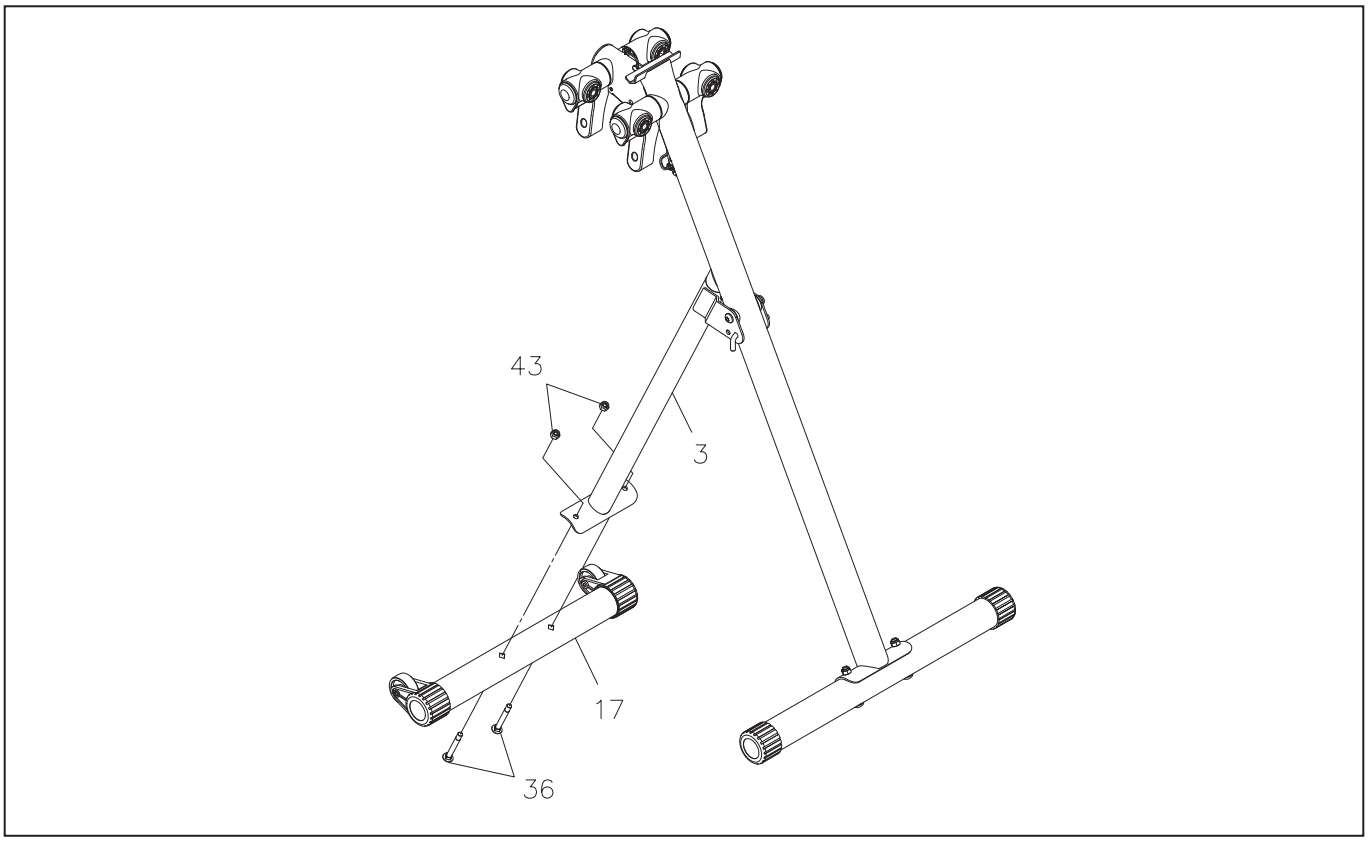
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com under the Service section and order the part needed, e-mail us at customerservice@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.



STEP 1
Unfold the **FRONT SUPPORT(3)** from the **UPRIGHT(1)** and lock in position with the **LOCKING PIN(31).**

STEP 2
Attach the **REAR STABILIZER(2)** to the **UPRIGHT(1)** with two **CARRIAGE BOLTS(M8x1.25x60mm)(36)** and two **NYLOCK NUTS(M8x1.25)(43).**

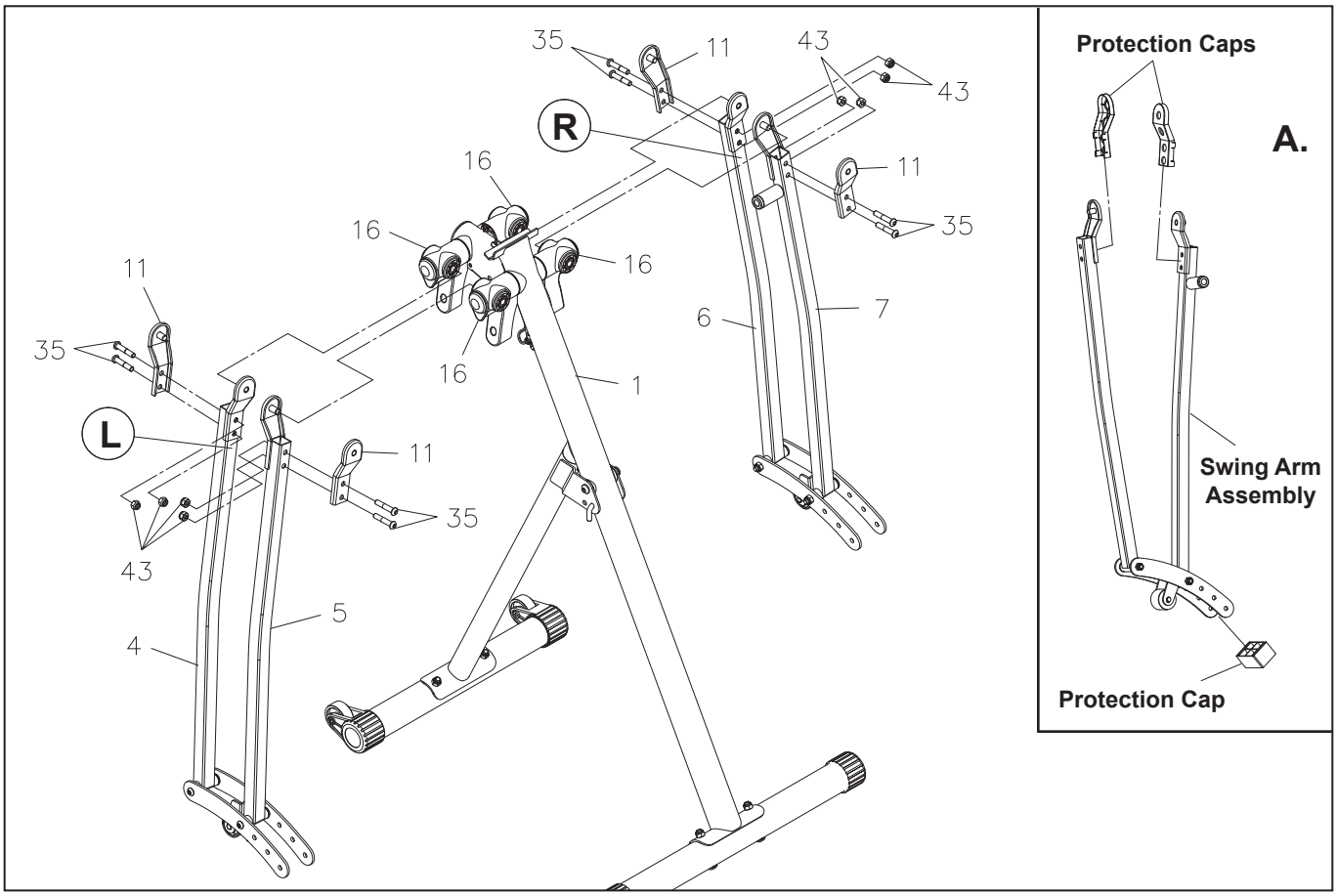
ASSEMBLY INSTRUCTIONS



STEP 3

Attach the **FRONT STABILIZER(17)** to the **FRONT SUPPORT(3)** with two **CARRIAGE BOLTS(M8x1.25x60mm)(36)** and two **NYLOCK NUTS(M8x1.25)(43).**

ASSEMBLY INSTRUCTIONS



NOTE: Refer to illustration A. The Protection Caps are used only for protection during shipment. Remove and discard the Protection Caps which are covered in the ends of the Swing Arm Assembly.

STEP 4: There is an **"R"** decal on the **RIGHT FRONT SWING ARM(6),** and an **"L"** decal on the **LEFT FRONT SWING ARM(4).** Hook the **LEFT FRONT SWING ARM(4)** and **LEFT REAR SWING ARM(5)** onto the **PIVOTING JOINTS(16)** on the left side of the **UPRIGHT(1).**

STEP 5

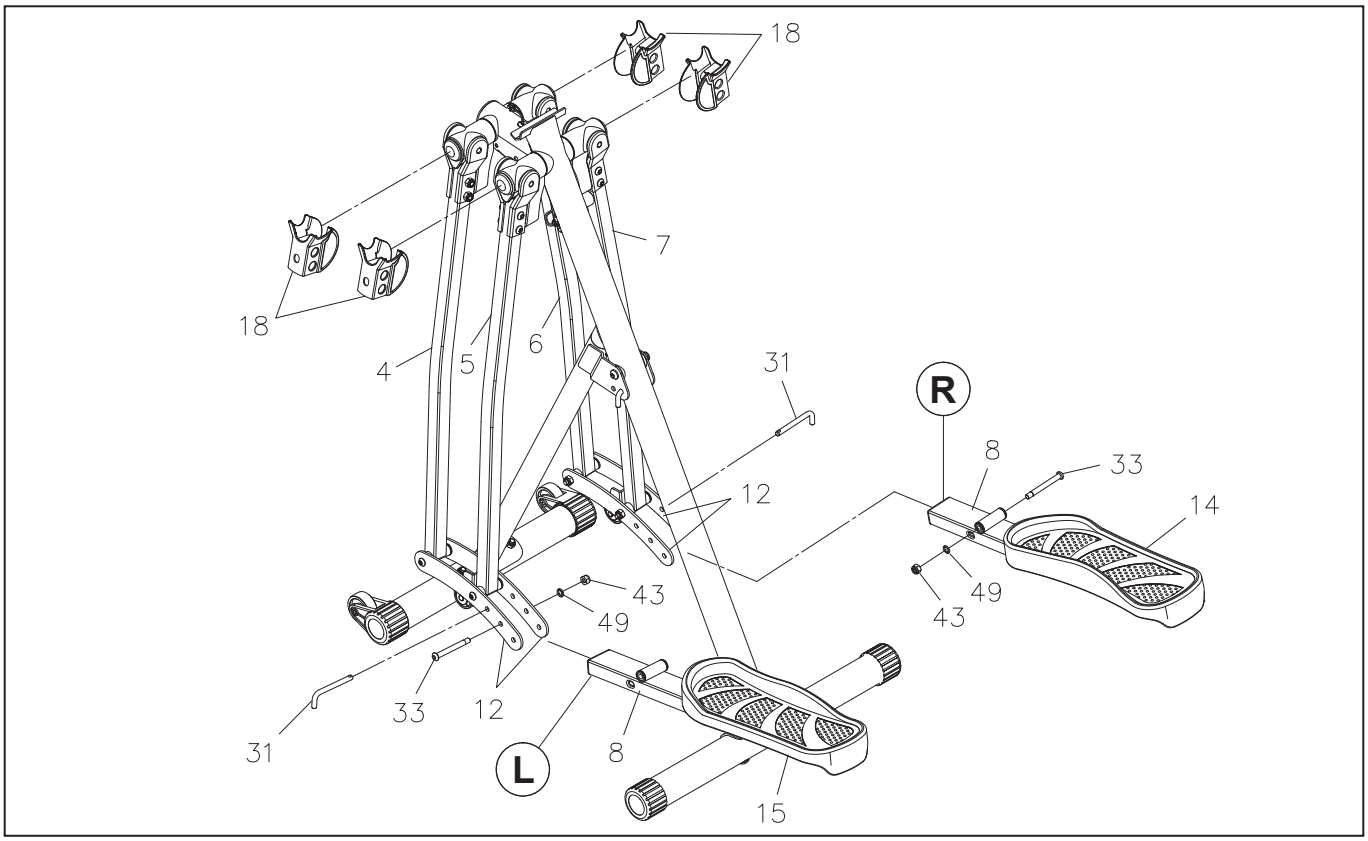
Secure the **LEFT REAR SWING ARM(5)** to the **PIVOTING JOINT(16)** with the **SUPPORT BRACKET(11),** two **BUTTON HEAD BOLTS(M8x1.25x40mm)(35),** and two **NYLOCK NUTS(M8x1.25)(43).**

STEP 6

Secure the **LEFT FRONT SWING ARM(4)** to the **PIVOTING JOINT (16)** with the **SUPPORT BRACKET(11),** two **BUTTON HEAD BOLTS (M8x1.25x40mm)(35),** and two **NYLOCK NUTS(M8x1.25)(43).**
Repeat the above assembly steps for the right side.

NOTE: Check the **PIVOTING JOINTS(16)** area. If there is any excess grease, please wipe it off with an absorbent cloth.

ASSEMBLY INSTRUCTIONS



STEP 7

There is an **"R"** decal on the **RIGHT PEDAL ARM ASSEMBLY(8, 14),** and an **"L"** decal on the **LEFT PEDAL ARM ASSEMBLY(8, 15).** Attach the **LEFT PEDAL ARM ASSEMBLY(8, 15)** to the **JOINT PLATES(12)** attached to the **LEFT SWING ARMS(4, 5)** with **BUTTON HEAD BOLT(M8x1.25x73mm)(33), LOCK WASHER(M8)(49),** and **NYLOCK NUT(M8x1.25)(43).** Repeat on the right side.

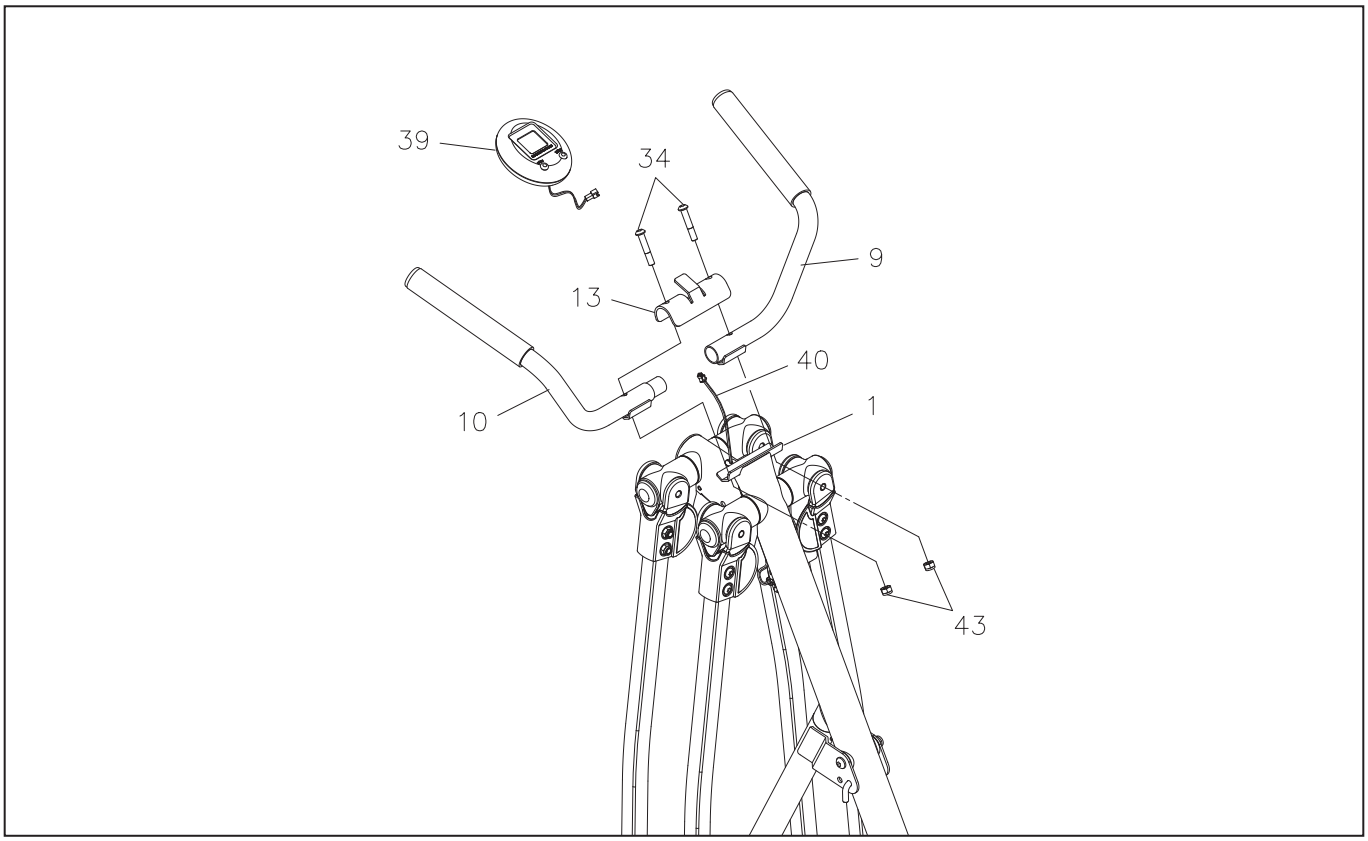
STEP 8

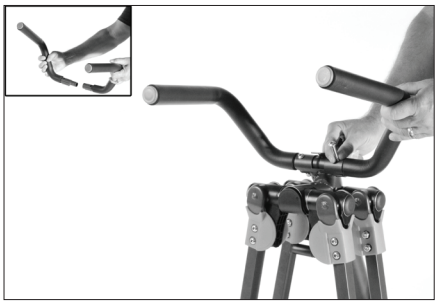
Store the **LOCKING PINS(31)** by inserting them into the **JOINT PLATES(12)** on both sides.

STEP 9

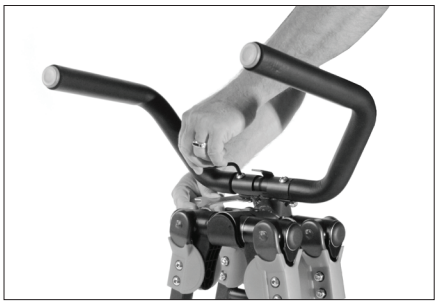
Slide the **JOINT COVERS(18)** in place on all four **SWING ARMS (4, 5, 6, and 7)** on both sides.

ASSEMBLY INSTRUCTIONS





STEP 10
Insert the **LEFT HANDLEBAR(10)** into the **RIGHT HANDLEBAR(9)** and place them on the bracket on the **UPRIGHT(1).**



STEP 11
Secure the **RIGHT** and **LEFT HANDLEBARS(9, 10)** and the **METER BRACKET(13)** to the **UPRIGHT(1)** with two **BUTTON HEAD BOLTS (M8x1.25x45mm)(34)** and two **NYLOCK NUTS(M8x1.25)(43).**

STEP 12
Install an AA battery into the **METER(39),** the battery is not included. See page 13 for detailed battery installation instructions. Slide the **METER(39)** onto the **METER BRACKET(13).** Plug the **SENSOR WIRE(40)** into the **METER(39),** and push the excess wire into the **UPRIGHT(1).**

SLIMSTRIDERX™

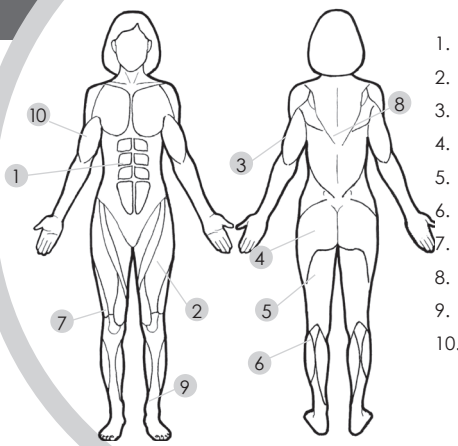
Getting the most out of your SlimStriderX™ workout
The SlimStriderX™ offers a challenging lower-body workout that also improves your cardiovascular fitness. You will work and tone every part of your legs--thighs, hips, hamstrings and calves—while you exercise your heart and lungs.

The SlimStriderX™ stride suspends you in the air while you move, so while the forward motion closely resembles walking and running, there is no jarring impact that might cause injury. The arcing steps that never let you touch the ground keep your workout safe and comfortable.

The SlimStriderX™ can be used in a scissor motion, a lateral motion, a circular motion, and a skating motion. You will tone and strengthen your inner and outer thighs along with your quads and calves.

Actual product may vary slightly from the one pictured.
Before exercising, consult a physician.
Warm up properly before starting any routine.
Cool down completely before ending a workout.

WORKS THESE MUSCLE GROUPS



1. Abdominals
2. Quadriceps
3. Triceps
4. Gluteals
5. Hamstring
6. Calf
7. Knee
8. Erector Spinae
9. Ankles
10. Biceps

Before you start

FITNESS MONITOR

The SlimStriderX™ monitor has extra features that will help you track your progress to keep you motivated. It tracks basic fitness data: time, count, calories, total count, and can be set to scan all stats while you work out. Complete monitor instructions are on page 13.

STAND AND STRIDE ACTIVELY

Look forward with your head up and balanced. In proper position, you should be standing up tall with feet on the pedals, grasping the handlebars.

GETTING ON AND OFF

While standing on the floor behind the pedals, place both hands on the handles and hold the handles firmly. Then, place your dominant foot (if you are right handed this will be your right foot) on the corresponding foot pedal. Then step up, without pulling back on the handles, and place your non-dominant foot on the open pedal.

SECURE FOOT PEDALS

The foot pedals have a non-skid surface that offers plenty of stability. While working out, it is important to look down at the position of your feet periodically to make sure your feet are always in the center of each pedal.

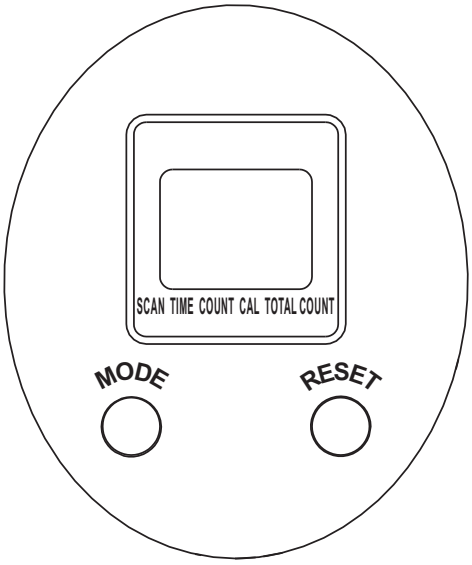
FOLD AND STORE

The SlimStriderX™ can be folded and stored away in a corner or closet. Please see page 15 of the manual for folding and storage instructions.

The Workout
- Wear appropriate footwear.
- Warm up before your workout.
- Always hold the handles when using the SlimStriderX™.
- Increase the difficulty of your workouts gradually as your fitness improves.
- Begin with a simple, slower workout if you're just starting an exercise plan.
- Follow the workout that fits your fitness level and goals (beginner, intermediate, or advanced workouts) shown on the SlimStriderX™ Total Body Makeover.
- Always cool down and stretch follow your SlimStriderX™ session.
- Please refer to the Total Body Makeover DVD for more information on how to correctly use your SlimStriderX™.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER



POWER ON : Pedal movement or press any button.
POWER OFF : Automatic shut off after four minutes of inactivity.

FUNCTION BUTTONS:

MODE : Press to select display functions, include **SCAN, TIME, COUNT, CALORIES,** and **TOTAL COUNT.** Press and hold for three seconds to reset all functions to zero, except **TOTAL COUNT.**

RESET : Press to reset all functions to zero, including **TOTAL COUNT.**

FUNCTIONS:

SCAN: Automatically scans each function of **TIME, COUNT, CALORIES,** and **TOTAL COUNT** in sequence with change every four seconds. Press and release the **MODE** button until **"SCAN"** appears on the display.

TIME: Displays the time from one second up to 99:59 minutes.

COUNT: Displays the total number of strides you have taken from zero to 9999 strides.

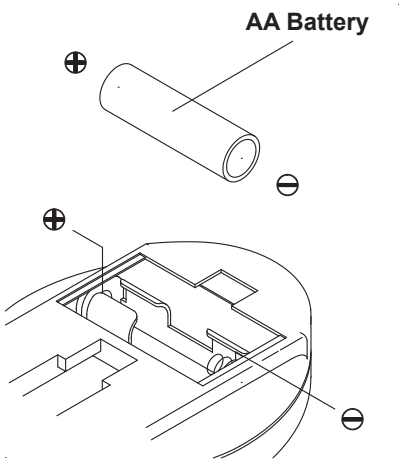
CALORIES: Displays the calorie consumption from zero to 999.9 Kcal.
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

TOTAL COUNT: Displays the total accumulated number of strides you have taken from zero to 9999 strides.

NOTE: 1. While performing Leg Extensions and Circle type exercises the Personal Training Computer may not count as expected due to the sensor location and could shut down after four seconds of not sensing straight back and forth motion. Personal Training Computer will resume counting normally during straight back and forth Striding as long as it senses activity every four seconds.

2. The meter will stop counting time automatically after four seconds of inactivity. All function values will be kept. Restart the meter by pedal movement or press any button.
3. The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the **MODE** button and hold it down for three seconds to reset all functions to zero, except **TOTAL COUNT.** Or press the **RESET** button to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:



1. Open the Battery Door on the back of the **METER(39).**
2. The **METER(39)** operates with an AA battery, the battery is not included. Refer to the illustration to install or replace the batteries.

NOTE:

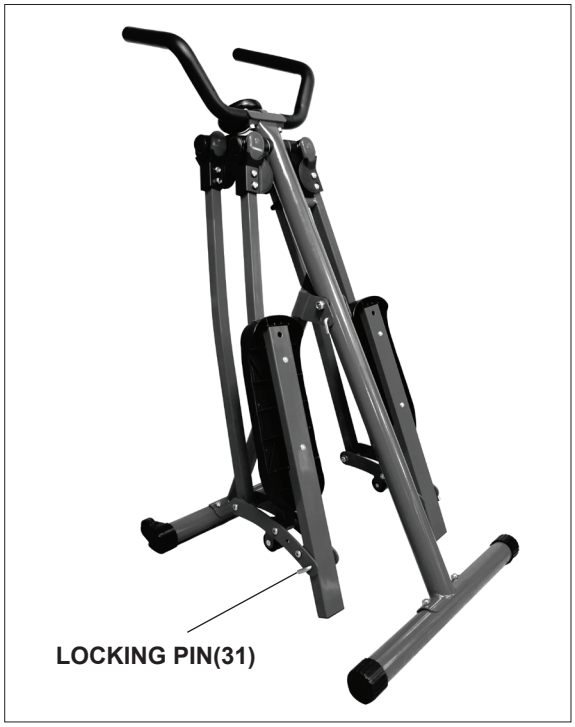
1. Rechargeable batteries are not recommended.
2. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
3. **Do not dispose of batteries in fire.**

OPERATIONAL INSTRUCTIONS

SAFETY PRECAUTIONS

The remarkable design of the **SlimStriderX™** allows the **PEDALS(14, 15)** to move front and back as well as side to side freely. Be careful to maintain your balance while using, mounting, and dismounting. Follow the instructions below to safely operate the **SlimStriderX™:**

1. To maintain your balance, always hold the **HANDLEBARS(9, 10)** with both hands while using, mounting, and dismounting.
2. In order to avoid use by someone unfamiliar with the **SlimStriderX™,** always fold up the **PEDAL ARMS(8)** and lock in position with the **LOCKING PINS(31)** as shown.



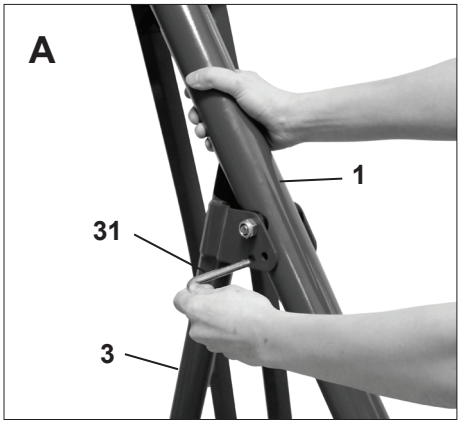
MAINTENANCE

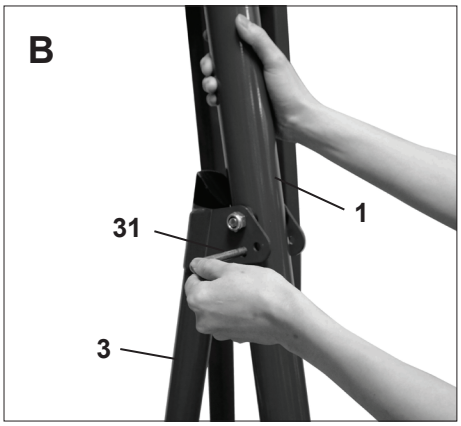
The safety and integrity designed into the **SlimStriderX™** can only be maintained when the **SlimStriderX™** is regularly examined for damage and wear. Special attention should be given to the following:

1. Over time the **PIVOTING JOINTS(16)** may squeak during workout. Lubricate the **PIVOTING JOINTS(16)** with general purpose lithium grease in “clear” spray formula. Lubricant may accumulate on the outside of the **PIVOTING JOINTS(16).** If this occurs, wipe off with absorbent towel.
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that the **WARNING LABEL(56)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(56)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **SlimStriderX™** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **SlimStriderX™.**
7. Keep your **SlimStriderX™** clean by wiping it off with an absorbent cloth after use.
8. Prior to performing any exercise shown in the manual and DVD please make sure you are coordinated and comfortable enough for them to be performed. Please always use caution and your best judgment prior to attempting any of the exercise programs.

STORAGE

1. To store the **SlimStriderX™,** simply keep it in a clean dry place.
2. To avoid damage to the **METER(39),** remove the battery before storing the **SlimStriderX™** for one year or more.
3. Grasp the **HANDLEBARS(9, 10)** and the **REAR STABILIZER(2)** to move the **SlimStriderX™.** Do not use the **PEDAL ARMS(8)** and **SWING ARMS(4, 5, 6, and 7)** to move the **SlimStriderX™.** These moving parts will move and may pinch your hand or fingers.





Folding The SlimStriderX™

Follow the following procedure to fold the **SlimStriderX™** for easy storage.

A. Remove the **LOCKING PIN(31)** from the **FRONT SUPPORT(3).**

B. Fold the **FRONT SUPPORT(3)** toward the **UPRIGHT(1)** and lock in position with the **LOCKING PIN(31).**

C. The **SlimStriderX™** will look as shown in illustration C.

D. Refer to illustration D. Fold up both of the **PEDAL ARMS(8).** Move the **LOCKING PINS(31)** to the bottom position of each **PEDAL ARM(8)** to lock in the upright position.

E. The **SlimStriderX™** is now ready for storage.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

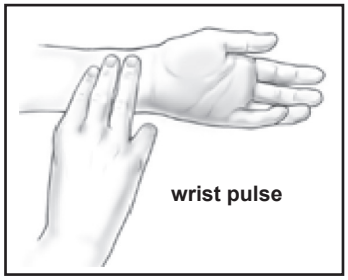
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

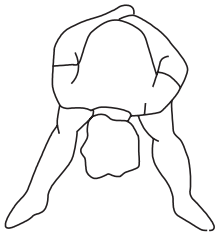
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

WARM-UP and COOL-DOWN

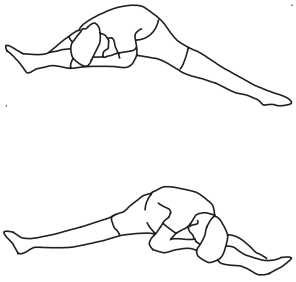
Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

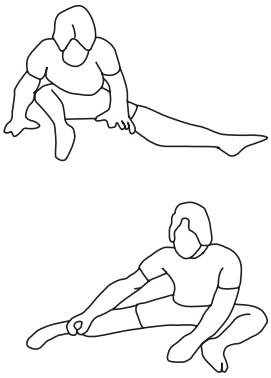
Suggested Stretching Exercises



Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.



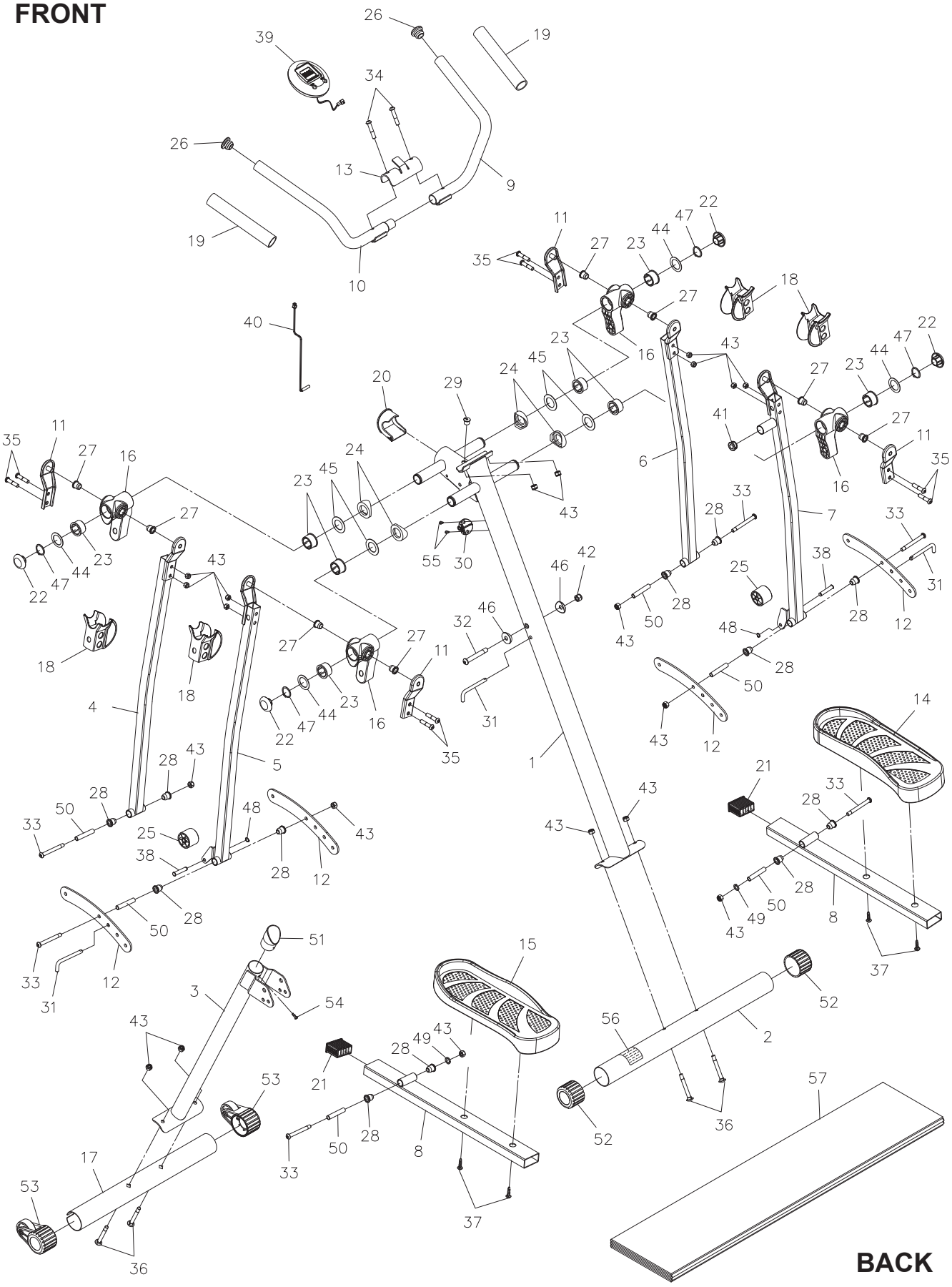
Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	PART NAME	QTY
1	Upright	1
2	Rear Stabilizer	1
3	Front Support	1
4	Left Front Swing Arm	1
5	Left Rear Swing Arm	1
6	Right Front Swing Arm	1
7	Right Rear Swing Arm	1
8	Pedal Arm	2
9	Right Handlebar	1
10	Left Handlebar	1
11	Support Bracket	4
12	Joint Plate	4
13	Meter Bracket	1
14	Right Pedal Cap	1
15	Left Pedal Cap	1
16	Pivoting Joint	4
17	Front Stabilizer	1
18	Joint Cover	4
19	Foam Grip	2
20	Front Cap	1
21	Rectangular Plug (25 x 50mm)	2
22	Dome Plug (ø25mm)	4
23	Joint Bushing (35mm)	8
24	Spacer	4
25	Stopper Roller	2
26	Round Plug (ø25.4mm)	2
27	Swing Arm Bushing	8
28	Pedal Arm Bushing	12
29	Grommet Plug	1
30	Sensor Clip	1
31	Locking Pin	3
32	Bolt, Button Head (M10 x 1.5 x 70mm)	1
33	Bolt, Button Head (M8 x 1.25 x 73mm)	6
34	Bolt, Button Head (M8 x 1.25 x 45mm)	2
35	Bolt, Button Head (M8 x 1.25 x 40mm)	8
36	Carriage Bolt (M8 x 1.25 x 60mm)	4
37	Screw, Round Head (M6 x 25mm)	4
38	Shaft	2
39	Meter	1
40	Sensor Wire	1
41	Magnet	1
42	Nylock Nut (M10 x 1.5)	1
43	Nylock Nut (M8 x 1.25)	20
44	Large Washer (ø26 x ø38 x 1mm thick)	4
45	Large Washer (ø26 x ø42 x 1mm thick)	4
46	Support Spacer	2
47	C Ring (25mm)	4

PARTS LIST

PART#	PART NAME	QTY
48	C Ring (8mm)	2
49	Lock Washer (M8)	2
50	Spacer	6
51	Support Plug	1
52	Rear Endcap	2
53	Front Endcap w/ Wheel	2
54	Screw, Round Head (M4 x 15mm)	1
55	Screw, Round Head (M3 x 10mm)	2
56	Warning Label	1
57	Mat	1
58	Allen Wrench (5mm)	1
59	Wrench	1
60	Owner’s Manual and Assembly Guide	1
61	Workout Guide	1
62	Workout DVD	1

MODEL 55-9163

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and one year on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071,** or email us at **customerservice@staminaproducts.com,** or call us at **1-800-375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

NOTES

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071 Springfield, MO. 65801-1071

Would you like to recieve email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Model Number: ..... Serial Number: .....

Product Name: .....

Place Purchased: .....

Date of Purchase: ..... Purchase Price: .....

First Name: ..... Last Name: .....

City: ..... State: ..... Zip Code: .....

Email Address: ..... Phone #: ( ) .....

Would you like to receive email information or special offers from Stamina Products?* ____Yes ____No *If yes, be sure your email address is included above.

Detach and Mail or Fax the Form Above

TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

Detach and Mail or Fax the Form Below

PARTS ORDER FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: .....

Address: ..... Apt. #:.....

City: ..... State: ..... Zip Code: .....

IMPORTANT : We must have your phone number to process the order!

Phone #: ( ) ..... Work Phone #: ( ) .....

Date of Purchase: .....

Model #: .....

Purchased From: .....

IMPORTANT : Before filling out the form below make sure you have the correct information.
Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1

SLIMSTRIDER X™

360° MOTION

Stay connected with Brenda - www.brendadygraf.com

© 2014 Windermere Exercise Company. ALL RIGHTS RESERVED WORLDWIDE
United States and/or International patents apply and/or are pending. See www.staminaproducts.com for details.

This product is distributed exclusively by:

STAMINA® PRODUCTS, INC.

2040 N. Alliance, Springfield, MO 65803

© 2014 Stamina Products, Inc. 2014, 07
STAMINA PRODUCTS MADE IN TAIWAN

Customer Service: 1 (800) 375-7520 | www.staminaproducts.com